

WHAT IS CLAIMED IS:

1. A method of encouraging diverse exercise activity, comprising the steps of:

providing an exercise apparatus having a frame, force receiving members including at least one arm supporting member and at least one leg supporting member, at least one resisting means for resisting movement of the members relative to the frame, and a user interface that includes a display;

displaying a first arrangement of exercise performance data when the members are moved against a first level of resistance provided by the resisting means; and

displaying a second arrangement of exercise performance data when the members are moved against a second level of resistance provided by the resisting means.

2. The method of claim 1, further comprising the step of displaying cumulative exercise performance data when the members are moved against either said level of resistance.

3. The method of claim 2, wherein counter arrays in the cumulative exercise performance data align with respective counter arrays in each said arrangement.

4. The method of claim 1, wherein each said arrangement is displayed in a discrete color.

5. The method of claim 1, wherein the first arrangement and the second arrangement are displayed exclusive of one another.

6. A method of encouraging diverse exercise activity, comprising the steps of:

providing an exercise apparatus having a frame, force receiving members including at least one arm supporting member and at least one leg supporting member, at least one resisting means for resisting movement of the members relative to the frame; and a user interface that includes a display;

highlighting a first portion of the display when the members are moved against a first level of resistance provided by the resisting means; and

highlighting a second portion of the display when the members are moved against a second level of resistance provided by the resisting means.

7. The method of claim 6, further comprising the step of highlighting cumulative exercise performance data when the members are moved against either said level of resistance.

8. The method of claim 7, wherein counter arrays in the cumulative exercise performance data align with respective counter arrays in each said portion of the display.

9. The method of claim 6, wherein each said portion is illuminated in a discrete color.

10. The method of claim 1, wherein the first portion shows exercise performance data primarily associated with cardio exercise, and the second portion shows exercise performance data primarily associated with strength exercise.

11. A method of encouraging diverse exercise activity, comprising the steps of:

providing an exercise apparatus having a frame, force receiving members including at least one arm supporting member and at least one leg supporting member, at least one resisting means for resisting movement of the members relative to the frame, and a user interface that includes a display;

illuminating primarily cardio exercise data when the members are moved against a first level of resistance provided by the resisting means; and

illuminating primarily strength exercise data when the members are moved against a second, relatively greater level of resistance provided by the resisting means.

12. The method of claim 11, further comprising the step of illuminating cumulative exercise performance data when the members are moved against either said level of resistance.

13. The method of claim 12, wherein at least one counter array in the cumulative exercise performance data accumulate aligns with respective counter arrays associated with the cardio exercise data and the strength exercise data.

14. The method of claim 11, wherein the strength exercise data and the cardio exercise data are displayed in discrete colors.

15. The method of claim 11, wherein the strength exercise data and the cardio exercise data are displayed apart from one another.

16. A method of encouraging diverse exercise activity, comprising the steps of:

providing an exercise apparatus having a frame, force receiving members including at least one arm supporting member and at least one leg supporting member, at least one resisting means for resisting movement of the members relative to the frame, and a user interface that includes a display;

using the display to signal to a user that cardio exercise is being performed when the resisting means is set below a threshold level of resistance; and

using the display to signal to a user that strength exercise is being performed when the resisting means is set above a threshold level of resistance.

17. The method of claim 16, further comprising the step of displaying cumulative exercise performance data when the members are moved against either said level of resistance.

18. The method of claim 17, wherein counter arrays in the cumulative exercise performance data align with respective counter arrays associated with cardio exercise and strength exercise.

19. The method of claim 16, wherein cardio exercise information is displayed in a first color, and strength exercise information is displayed in a second color.

20. The method of claim 16, wherein the display shows different information depending on which type of exercise is being performed.